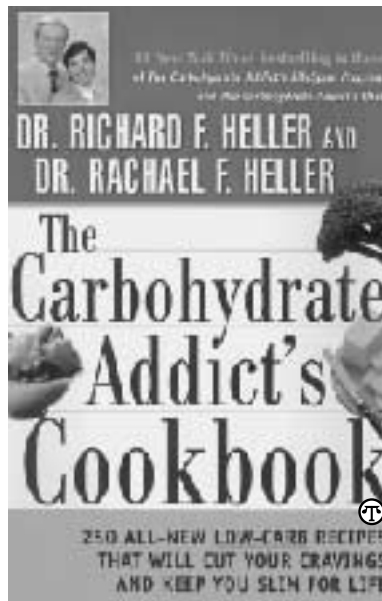


# NEWS

## OF NUTRITION

### Healthy Recipes For A Slim You

(NAPSA)—Good news for dieters who crave carbohydrates but want to lose weight are the 250 mouth-watering, low-carb recipes from Drs. Richard and Rachael Heller, the #1 *New York Times* bestselling authors and pioneers in carbohydrate-smart dieting.



**Mouthwatering recipes from the world's #1 authorities on cutting cravings and staying slim for life.**

Unlike many low-carb and low-fat cookbooks which skimp on taste, their new book, *The Carbohydrate Addict's Cookbook* (John Wiley, \$15.95 paperback) seizes on the dynamic flavors of a rich crop of foods, from tasty appetizers and hearty soups to succulent seafood and sinfully delicious salads. The recipes also include vegetarian alternatives, low fat choices, and quick fixes.

Critics report that whether you're seeking permanent weight loss, a boost in energy, or an overall sense of well-being, *The Carbohydrate Addict's Cookbook* will help make these goals attainable. The book is available at bookstores everywhere.